



### Diane Leafe Christian is coming to Sooke!!

[Diana Leafe Christian](#) knows what it takes to create and sustain a great place to live. She is an international expert on creating successful communities and has written several books on the subject (*Creating a Life Together*, *Finding Community: How to Join an Ecovillage or Intentional Community*). Diana was the editor of *Communities* magazine in the US for 14 years, she now publishes *Ecovillages*, a [free online newsletter](#).

Diana is bringing her wisdom and humour to Sooke. She will give a presentation on *Creating Community in Sooke*, followed by a day long workshop on "Facilitation Skills for Consensus Meetings".

#### Presentation

Sooke Harbour House  
August 13th, 7 p.m. - 9 p.m.  
Admission by donation.

#### Workshop

Sooke Harbour House  
August 14th, 9 a.m. - 5 p.m.  
50\$, [registration](#) required

This event is hosted by [Harbourside Cohousing](#) and

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### Save the Date: [Sooke Farm Tour](#) on August 18

The third annual self-guided tour of the Sooke region's bountiful farm belt is set for Sunday, August 18 from 11 a.m. to 5 p.m.

Organizer Keeley Nixon and her team will be spotlighting Juan de Fuca food producers who make their primary living from the land. To mention some: Ragley, ALM, Silver

Cloud, Barefoot, Eagles Paw farms as the route stretches from Metchosin to Otter Point. Visitors will have the opportunity to shake hands with the growers, learn about sustainable food production systems, greet farmyard animals, and purchase freshly harvested fruit and veggies.

The event is a fundraiser for the [Sooke Region Food CHI Society](#), and [tickets](#) are for sale on the Country Market in Sooke (Saturdays, 10a.m.-2p.m.). If you want to [volunteer](#): More hands are always welcome!! Contact [info@sookefoodchi.ca](mailto:info@sookefoodchi.ca)



### Come Celebrate 100 Years Sooke Fall Fair!!

Come on out to this very special edition of the [Sooke Fall Fair!](#) 100 Years of community spirit needs to be celebrated by all generations in Sooke!

Sat. Sept. 7th, 1 p.m. - 6 p.m.  
Sun. Sept. 8th, 10 a.m. - 4 p.m.  
Sooke Community Hall

Catalogues are available on several spots in town (grocery store, coffee shops,

sponsored by Vancity. Sooke Harbour House kindly donated the space for both events.

For more info [email](#) or phone Margaret. (250-642-2996).



### Looking for YOUR Input on Regional Trails

Take the [Regional Trails Survey](#) and Enter to Win! [CRD Regional Park](#) is conducting a survey about our regional trails this summer to gather information on trail use, experiences and management. The survey will help them prepare a trail management plan for the Galloping Goose, Lochside and E&N Rail Trail - Humpback Connector.

Those who complete the survey may enter to win a draw prize—a \$100 gift certificate at a local restaurant of your choice. Go to their [website](#) to complete the survey; it really takes only minutes and can make a big difference in the future of our hiking and biking trails.



### Vote for a GMO-free BC

Genetically Modified Organisms sneak into our food more and more. [Serious research](#) shows that they are not as innocent as first thought, but Canada is not reacting accordingly. Labelling is not mandatory and Health Canada accepts GMO's without their own safety testing. You can find more info on GMO's [nthis TED talk](#) and in [this report](#).

All BC municipalities get together once a year and this year their Union of British Columbia Municipalities (UBCM) Convention will be from the 16th-20th September in Vancouver. This is an excellent time to state your opinion on GMO's. Metchosin, which is a GE Free zone, is putting forward a resolution at the Convention asking for all BC municipalities to support banning GE crops and animals. Show your support for this

Shopper's Drug Mart...). [Entry forms](#) can be dropped off at Shopper's Drug Mart, [emailed](#) in or send by post before Sept. 4th, 5 p.m. You can find more info [here](#) or [here](#).

See you all there!

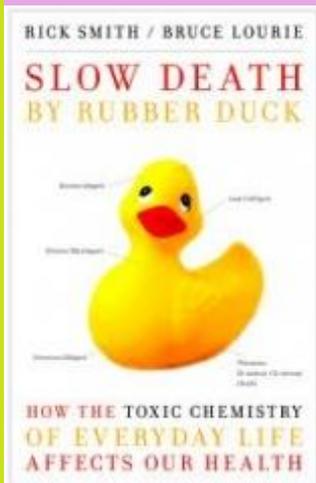


### Gardening at [Sunriver](#) for the Community

The [Community Garden](#) at Sunriver is in full swing. Things are planted, growing, weeded, watered, harvested and divided into the community. The sun sure helps to bring the veggies and gardeners alive. Come on out and soak up some sun, build community and learn about growing healthy food. You don't need to know anything about gardening, just want to play in the dirt! [Garden Coordinator Paula](#) is there on Wednesdays and Sundays from 1 pm to 4 pm. Drop by any time.

Need some more convincing? This [article](#) can help with that!

Hurry! The survey ends August 9, 2013. A summary report will be available on-line after results have been compiled.



### Book of the Month

#### Slow Death by Rubber Duck

How the Toxic Chemistry of Everyday Life Affects Our Health  
Rick Smith & Bruce Lourie

#### Reviews

"A powerful reminder that what we do to Mother Earth, we do directly to ourselves. Read it to see why we have to change the way we live and get off our destructive path."

*David Suzuki*

initiative - it's about your own health - and sign the [petition](#) online. Or print the [letter](#) and send it to your council.



### [Sustainable World Radio](#)

#### Permaculture and Ecology Podcast

Sustainable World Radio brings you interviews, news and commentary about ecology, Permaculture, organic gardening, sustainability, natural building, regenerative farming and ethnobotany. Since 2004, Sustainable World has interviewed experts from around the globe; teachers, designers, environmentalists and earth activists who learn from and work with Nature.

Tune in to discover positive solutions to environmental challenges; solutions that adhere to the Permaculture ethics of Earth Care, People Care, and Fair Share. In each [podcast episode](#) listeners have an opportunity to learn from environmental leaders who

"A fascinating and frightening read. . . . Slow Death by Rubber Duck is an important and timely antidote."

*The Globe and Mail*

share ideas for creative, eco-friendly and innovative ways of living.

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